

GLAUCOMA



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WHAT IS GLAUCOMA

- Glaucoma is a condition that causes damage to your eye's optic nerve

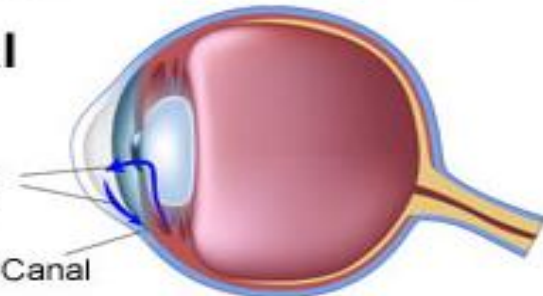


Development of Glaucoma

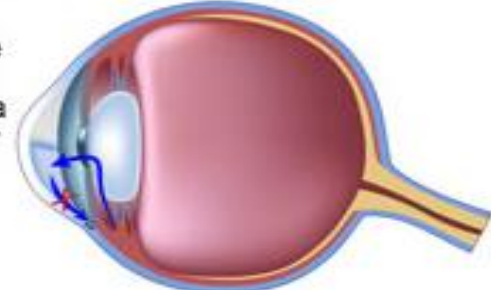
Normal Eye

Flow of Aqueous Humour

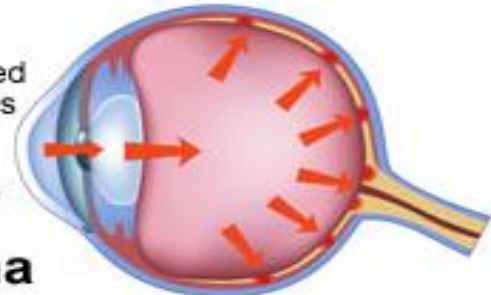
Drainage Canal



1. The drainage canal becomes blocked or extra aqueous humor is produced - resulting in increasing eye pressure

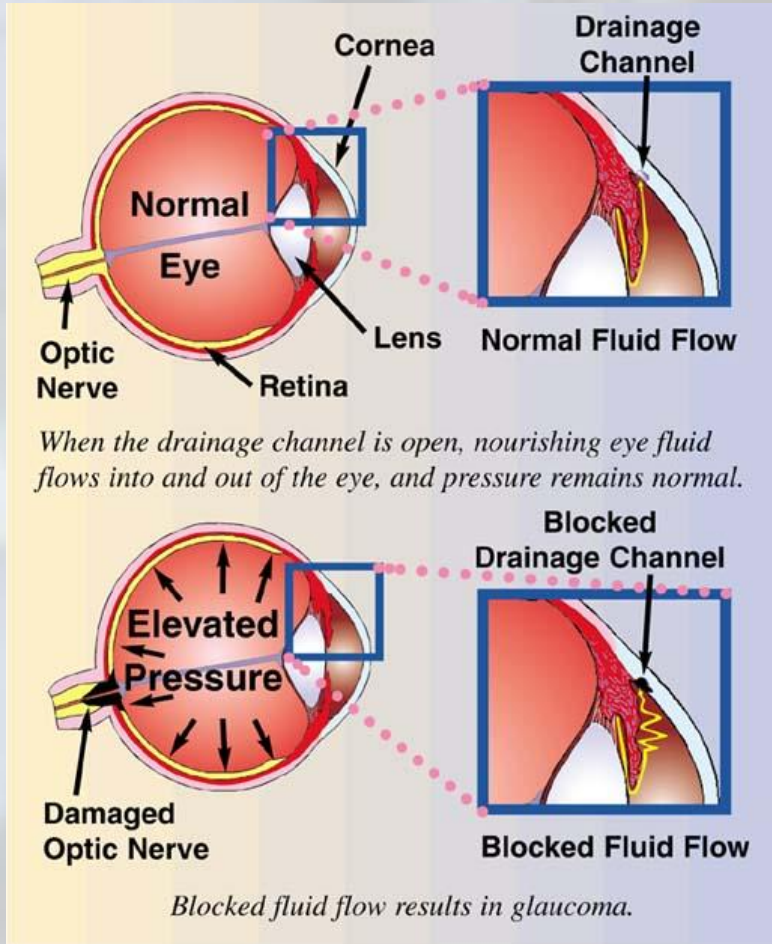


2. This increased pressure causes damage to the blood vessels and optic nerve



Glaucoma

CAUSES



- It's the result of high fluid pressure inside your eye.
- Normally, the fluid, flows out of your eye through a mesh-like channel. If this channel gets blocked, the liquid builds up.
- The reason for the blockage is unknown, but doctors do know it can be inherited.

WHO GETS GLAUCOMA

- It mostly affects adults over 40, but young adults, children, and even infants can have it.
- **You're more likely to get it if you:**
 - Are over 40
 - Have a family history of glaucoma
 - Have poor vision
 - Have diabetes
 - Take certain steroid medications, like prednisone
 - Have had trauma to the eye or eyes

SYMPTOMS

- Most people don't have any. The first sign is often loss of side vision.
- If you have any of the following symptoms, seek immediate medical care:

Seeing halos around lights

Vision loss

Redness in the eye

Eye that looks hazy (particularly in infants)

Nausea or vomiting

Eye pain

Narrowed vision (tunnel vision)

- Detecting glaucoma early is one reason you should have a complete exam with an eye specialist every 1 to 2 years.

DIAGNOSES

- The basic test is to check eye pressure (tonometry)
- An Ophthalmologist will be able to diagnose Glaucoma by inspecting the optic nerve together with various eye tests
- Testing is painless and take very little time.

TREATMENT

- **Eye drops** - These either reduce the formation of fluid in the eye or increase its outflow.
- **Laser surgery** - This procedure can slightly increase the flow of the fluid from the eye
- **Microsurgery** - The doctor creates a new channel to drain the fluid and ease eye pressure

Can You Prevent Glaucoma?

No. But if you diagnose and treat it early, you can control the disease.

FACTS

- 4 in 50 South Africans over the age of 40 suffer from glaucoma
- 3rd leading cause of blindness globally
- World wide affects approximately 70 million people and a further 4.5 million are blind as a result of the condition

QUESTIONS

